

Aging and Disability Resource Center

The Mission:

To empower older adults and people with physical or developmental/intellectual disabilities with the resources needed to live with dignity and security, and achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

The ADRC provides a welcoming, attractive, accessible place where older people and people living with disabilities can go for information advice and help in accessing services.

Linking People to Services



Contact Us
262-833-8777

Toll Free: 1-866-219-1043

14200 Washington Avenue
Sturtevant, WI. 53177

www.adrc.racinecounty.com



Caregiver Support

262-833-8777



Are you a Caregiver?

Are you involved in assisting others with activities of daily living and/or medical tasks?

Studies indicate that 29% of adults in the United States are acting as a caregiver in some capacity.

Caregiver Support Specialists

The Aging and Disability Resource Center has trained Caregiver Support Specialists to support those caring for someone over 60, caregivers who are over 60 years of age, and anyone caring for a person with dementia.

**To speak to
a Caregiver Support
Specialist at the ADRC,
please call
262-833-8777**

The ADRC offers support in several ways:

- **Support Groups**
Online or telephone support groups available
- **Classes**
Connecting caregivers with information, support and skills
- **Support and Education**
Knowledge and coping skills for today and the future
- **Care Team**
Up-to-date tools turn a circle of people into a powerful caregiving team
- **One-on-One Connections**
To develop personalized strategies and offer individual support
- **Encouragement of Self Care for Caregivers and Loved Ones**



“Every day thousands of
unsung heroes bring
CARING and compassion
to the lives of millions.

Their names are never
featured in the headlines, but
our world would be a much
darker place without them.”

~ Charles Devlin

